

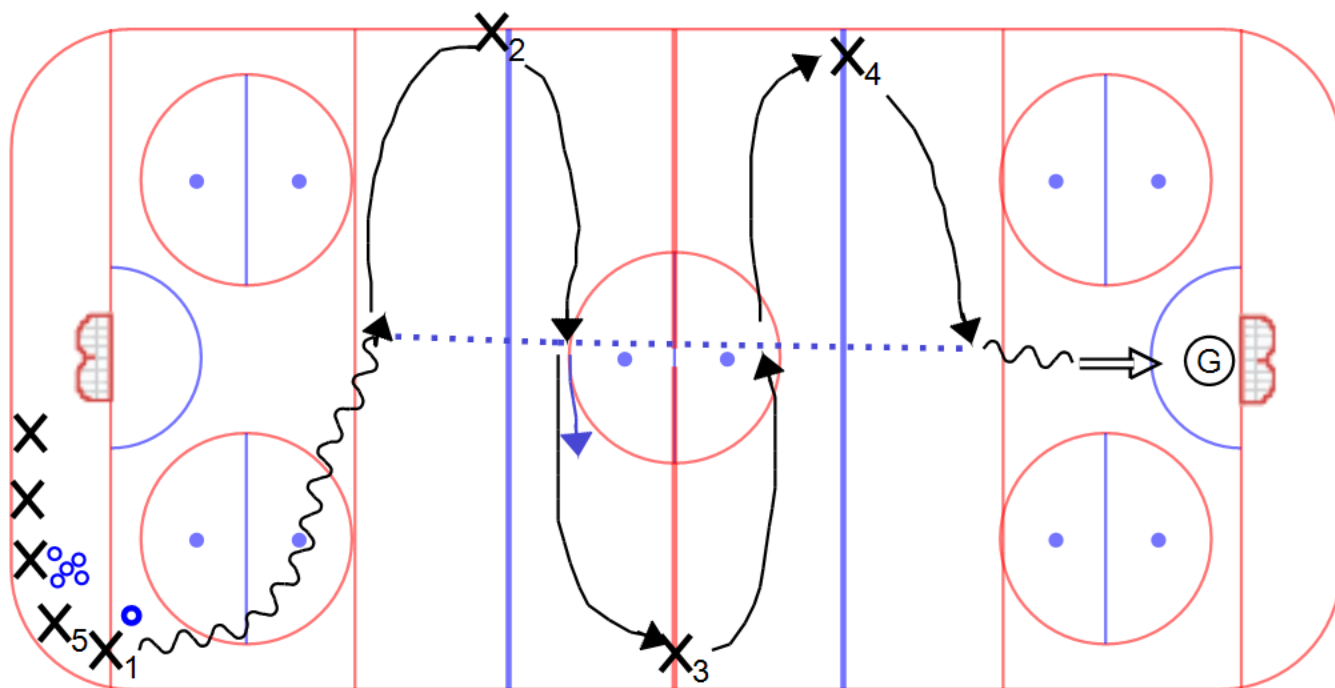
Category #1 : Breakout

Title : Z timing - 3 passes

Category #2 : Transition

Content elements :

Components:



Key points :

timing

heads up

communication

lead passes

Description

This is a continuous, follow your pass drill. The ring should follow a mostly straight path perpendicular to the lines on the ice.

X1 follows the pattern skated by X2, X3, and X4, with X5 following that same pattern afterwards.

The difficulties in this drill are passing and timing. If they don't skate the full pattern (all the way to the boards) they will be too early and the pass will be behind them, or the passer will struggle to get rid of it fast enough. They need to communicate in the event of a missed pass which can then go straight through to the next person. If a missed pass goes in the completely opposite direction, that person has to get the ring and they're out of the drill. The others behind can make up the difference. X4's position should keep an eye on the progress of X1, X2, X3 and wait longer or circle back if needed. There should be little to no standing still, but rather saving ice and circling back.

This continues until the last 3 skaters stop at the 'starting' points on the blue/red/blue lines so the drill can come back in the other direction. The goalie(s) skate(s) to the opposite end.